

WHAT IS CLAIMED IS:

1. A protective article for a joint of a person's body, said article comprising:
a rigid frame adapted to cover the joint, said rigid frame having a flexibility to allow bending of the protective article along at least one bending direction, said rigid frame comprising at least one bending zone having an abutment limiting bending of the joint along said bending direction at a predetermined angle so as to avoid hyper-flexion of the joint.
2. A protective article according to claim 1, wherein the bending zone includes at least one notch substantially perpendicular to a bending plane, and wherein the notch is beveled to become closed for said predetermined bending angle so as to constitute said abutment.
3. A protective article according to claim 1, wherein the frame is fixed on a flexible and substantially inextensible membrane located on a side of the joint.
4. A protective article according to claim 2, wherein said bending zone includes an insert constituted of a compressible material positioned in said notch.
5. A protective article according to claim 2, wherein said rigid frame is extended on opposite sides of the bending zone by supports, and wherein said bending zone is thicker and thinner than said supports.
6. A protective article according to claim 5, further comprising an envelope, and wherein at least one support cooperates with a shock-absorbing element affixed to said envelope for improving control of the bending by compression.

7. A protective article according to claim 6, wherein said shock-absorbing element is positioned in a pocket affixed to said envelope.

8. A boot incorporating a protective article according to claim 1, wherein said rigid frame is positioned, in an area of an ankle of a foot, on a front surface of the foot.

9. An assembly for binding a foot to a sports apparatus incorporating the protective article according to claim 1, wherein said rigid frame is positioned, in an area of an ankle of a foot, on a front surface of the foot.

10. A glove incorporating the protective article according to claim 1, wherein said rigid frame is positioned, at an area of a wrist of a hand, on a top of the hand.

11. A protective article according to claim 1, wherein said rigid frame is positioned, in an area of a knee, on a front surface of the leg.

12. A protective article according to claim 1, wherein said rigid frame is positioned on a spine and especially in an area of the neck, on the back.

13. A boot according to claim 8, wherein the boot includes a boot-tightening means, and wherein said rigid frame includes at least one cooperating mechanism complementary of said boot-tightening means.

14. A boot according to claim 8, wherein the boot includes a shell supported on a sole, and wherein said front portion is fixed on said shell.

15. A boot according to claim 14, wherein said shell includes a recess in an area for accommodating toes of a wearer.

16. A protective article according to claim 1, wherein said predetermined angle, for an ankle, has a value comprised between $+30^{\circ}$ and $+45^{\circ}$.